



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

AS+A Team aus Ohrdruf

Total time: 1:37:11

Number: 447

Speed: 18.15 km/h

Running performance: 3:19 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 21 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 12(of 31)

Staffel Cross

Best time in the category: 1:20:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
								km	Time	min/km	Pos	Behind	Pos					Behind
Schwimmen	0.40	8:06	20:14	8	2:01	17	2:01	0.40	8:06	20:14	1	-	65	1:47				
Rad	23.00	1:01:14	2:39	17	15:04	31	15:04	23.40	1:09:20	2:57	1	-	65					
Lauf	6.00	27:51	4:38	9	3:08	15	6:07	29.40	1:37:11	3:18	12	16:25	21	16:25				